



MENTAL  
HEALTH

it's part of our classrooms

MY SENIOR YEAR CHANGED AND WAS SOMEWHAT HARDER...THOUGH I PLAYED BASKETBALL AND DID WELL ACADEMICALLY, I STRUGGLED MENTALLY. THE STAFF AT [MY HIGH SCHOOL], HAVING SOME KNOWLEDGE ABOUT MENTAL HEALTH ISSUES AND EMBRACING ME IN THE MANNER THEY DID, HELPED ME SO MUCH.

— STUDENT-ATHLETE OF THE YEAR  
DIAGNOSED WITH BIPOLAR DISORDER

# DON'T FORGET TO FACTOR IN MENTAL HEALTH

Because when you do, it makes a difference. Growing evidence shows that when schools address mental health issues they can:

- Boost academic achievement
- Reduce absenteeism
- Increase graduation rates

Learn more about mental health and teens. Ask your administrator about the new Eliminating Barriers for Learning training package.

**MENTAL HEALTH PROBLEMS AFFECT 5 TO 9 PERCENT OF TEENAGERS IN AMERICA**  
**5% TO 9% = ABOUT 1 IN 15 = ABOUT 2 STUDENTS IN EVERY CLASSROOM ON AVERAGE**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

[www.allmentalhealth.samhsa.gov](http://www.allmentalhealth.samhsa.gov)